

What To Eat Instead of Meat



Fee O'Shea

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Disclaimer

I, the author of this book, am not trained or certified in any part of the health care industry. The opinions expressed in this book are my own and are the result of the way I interpret what I have read, witnessed or been part of in a particular situation and or concept.
The views expressed in this book may not necessarily reflect the views of you, the reader.

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Introduction:

This is really wonderful that you've taken the time to download this report and start to get your mindset more into the vegetarian lifestyle.

I will get to the title of this report "What do I Eat instead of Meat?" a bit later on, but there's a couple of other things that I want to talk about first.

What is written on the following pages really is designed more for those who want to become vegetarian, but if you already are, then I'm sure there'll be some snippets that you will be able to store and use to your meat eating friends/family. Even if there's not, there's a link to some recipes at the end.

I'm hoping that reading this is going to help you make a change in your eating and that you'll step onto the path of a new vegetarian lifestyle. I know that if you do, and you do it properly, you will not only start feeling healthy, but you will also start being conscious of the welfare of the animals that we share this planet with.

Before we start, I'll give you a quick low-down of who I am. My name is Fee O'Shea. Born in New Zealand in the early 50s, I was brought up with the national concept that meat and dairy was where we got all our nutrition. (Farming was the backbone of the New Zealand economy ... still is!)

After adopting a vegetarian lifestyle in the 90's I experimented with many different ingredients in order to create more appetizing and appealing food as New Zealand, at that time, was nowhere near embracing vegetarianism.

Early into the second decade of the 21st century, I had begun to learn about the welfare of farmed animals not only overseas, but also more importantly, within my own country. It was this knowledge of the farming industry that led me to adopt a vegan lifestyle.

I am actively involved with SAFE, a New Zealand organization which campaigns to stop factory farming along with other animal welfare

issues, and I do what I can to help educate others to the benefits of adopting animal free living even if it is only for one day a week. I love writing for my blog where I take great delight in venting my frustrations with animal welfare, lack of vegan choices, environment, shortsighted politicians and other things.

[The Veggies Rule Blog](http://thevegetariancenter.blogspot.co.nz)

<http://thevegetariancenter.blogspot.co.nz>

I have three adult children, two of whom are vegan, the third does have some meat in her diet, but not much. All my children have followed in my footsteps by being adventurous and creative cooks and they are extremely conscious of animal welfare and planet earth. The wonderful part is that they are passing this onto my grandchildren.

Hopefully I haven't bored you with my rambling. Hopefully you just skipped it if you have already discovered who I am from the dust covers of my books.

Now that's out of the way

Let's dive straight in.

The Reason.

Does it really matter what your reason is? Well, yes, in a way it does. That's because your reason is what will drive you to adopt this new lifestyle.

Have you noted that I'm using the word "lifestyle" and not "diet"? This is because being vegetarian or vegan is exactly that – it's a LIFESTYLE.

Perhaps not so much to start with, but, trust me, it soon will be. And the more you are vegetarian; the more you are educating yourself, the more vegetarians and vegans that you meet the more it becomes a way of life.

I don't want to scare you off. It's really not that big a deal, and it will just creep up on you slowly, so don't worry. Let's just get back to that "reason".

So, ask yourself – Why am I going vegetarian?

Perhaps one of the following will really resound with you ...

- It is getting just too expensive eating meat.
- I've seen a movie about the cruelty to farm animals and I really had no idea that it happened.
- I've discovered that too much meat is bad for my health.
- I want to lose weight.
- I've heard that vegetarians live longer.
- Meat is unsustainable.
- I want more energy.
- I want to be kind to the planet.
- I want to avoid toxic chemicals.
- I want to reduce my risk of food-borne illnesses.
- I have joined a particular religion and no meat can be consumed.

No matter what your reason is, if it's important to you, then you will succeed.

Nutrition.

I was talking to some-one not that long ago and got the usual question of "where do you get your protein" and I suddenly realized, as I watched him ploughing into some chicken wings and knocking back the sodas, that I wanted to ask him "where do you get your fiber and/or vitamin C?" - But I'm too polite!!!

The nutritional side of vegetarianism is sometimes the one thing that puts a lot of people off. Having been ingrained in the marketing hype of the meat industry, they believe that meat, dairy and eggs are their only source of protein, calcium and other nutrients.

BZZZZZZ – Wrong!

I'm only going to cover protein in this report as I could go on forever on all the other vitamins and minerals – in fact I've written a whole book on nutrition that covers almost everything you'd want to know including the whys and wherefores about it.

But for now, let's look at the best sources of protein for vegetarians.

1. Quinoa and Other Whole Grains

Whole grains are a great source of protein, but the queen of whole grains when it comes to protein content is quinoa (pronounced keen-wa)

Unlike many sources of vegetarian protein, quinoa contains all of the essential amino acids, making it a "complete protein". Just one cup of cooked quinoa contains 18 grams of protein, as well as nine grams of fiber. Other whole grains, including whole grain bread, brown rice and barley are all healthy protein-rich foods for vegetarians and vegans as well.

Why you should eat it? Whole grains are a bargain! If you shop in bulk you can stock up on whole grains for about \$1.50 a pound.

2. Beans, Lentils and Legumes

All beans, lentils, and peas are an excellent vegetarian and vegan source of protein, so eat whichever one you like – or mix them up and eat them all!

Black beans, kidney beans, Indian Dhal, split pea soup and chickpea hummus - pick one and watch the protein grams add up.

Soy is a bean as well, but because soy and its derivatives are such a popular source of protein for vegetarians, it merits it's own entry below.

Think about this - One cup of canned kidney beans contains about 13.4 grams of protein.

Why you should eat it? Beans are one of the most common protein-rich foods for vegetarians. You can find beans in the grocery store or on the menu just about everywhere you may be and they are just so affordable!

3. Tofu and other Soy Products

Soy is such a flavor chameleon that you'll never get bored! You may have tried tofu and soy milk before, but what about edamame (immature soybeans in the pod), soy ice cream, soy yogurt, soy nuts or soy cheese? TVP and tempeh are also protein-rich soy foods.

As an added bonus, many brands of tofu and soy milk are fortified with other nutrients that vegetarians and vegans need, such as calcium, iron and vitamin B12. And yes, I did just give you permission to eat soy ice cream to get your protein.

The protein content of a half-cup of tofu is 10 grams, and soymilk contains 7 grams of protein per cup.

Why you should eat it? You can add a bit of tofu to just about anything you cook, including stir-fries, pasta sauces, soups and salads.

4. Nuts, Seeds and Nut Butters

Nuts, including peanuts, cashews, almonds and walnuts all contain protein, as do seeds such as sesame seeds and sunflower seeds. Because most nuts and seeds are high in fat, you don't want to make them your primary source of protein in fact only a handful a day is enough. They're also great as a post-workout or occasional snack.

Nut butters are delicious as well, and kids of course love peanut butter. Try soy nut butter or cashew nut butter for a little variety if you're bored of peanut butter.

Protein content: Two tablespoons of peanut butter contains about 8 grams of protein.

Why you should eat it? Convenience! Stop into any 7-11 and pick up a snack of nuts to get a protein boost.

5. Seitan and Meat Substitutes

Read the label of your store-bought meat substitute products and you'll find they are quite high in protein! Most commercial meat substitutes are made from either soy protein, wheat protein (wheat gluten) or a combination of the two.

So toss a few veggie burgers on the grill or in the microwave, and watch those daily protein grams add right up.

Homemade seitan is quite high in protein as well.

Did you know that one veggie patty contains about 10 grams of protein, and 100 grams of seitan provides 21 grams of protein.

Why you should eat it? Seitan and mock meats are great for barbecues or anytime you just want something hearty and filling.

Note: As these mock meats are also processed I don't recommend you have them every day.... once or twice a week is o.k.

So regardless of whether you are vegetarian, meat-eater (omnivore to give it the correct title) or vegan or any other type of eater, we all need to consider the health effects of what we eat. Protein is indeed

necessary, but so is calcium and iron along with all the other vitamins and minerals. As I said before, I have written a book on the subject of nutrition called

"A Clean Eating Nutrition Guide".

<http://thevegetariancenter.com/clean-eating-nutrition-bk.php>

If you are seriously wanting to get a handle on the right way to eat, regardless of being a sometimes vegetarian, full vegetarian or even a vegan, then this just the ticket - very easy to read and understand and totally affordable.

What To Eat

“At last”, I hear you say, “she’s going to tell me what I can eat instead of meat.”

So here’s a menu for 20 days.

Some of the recipes are written at the end of this report. Some are on my website in a special folder just for you and a couple more are also on my website but anyone can see them.

All the links are at the end of this report.

Other meals that you’re not sure about how to make, just type the name plus the word “vegetarian” into Google and you’ll find it.

DAY 1

Breakfast: Porridge with soy or rice milk

Lunch: Mediterranean sandwich This is using focaccia bread, lightly frying/grilling Mediterranean vegetables putting on top of the bread and drizzling with olive oil.

Dinner: Savoury cutlets (recipe at end) with salad and chutney

DAY 2

Breakfast: Quinoa Pancakes (link at end)

Lunch: Sushi with miso soup. Buy sushi out; most places prepare a range of veggie options. Or, have fun making your own.

Dinner: Veggie Pad Thai

DAY 3

Breakfast: Savoury scones

Lunch: Burritos using beans instead of meat

Dinner: Chickpea Fritters with salad

DAY 4

Breakfast: Fruit salad

Lunch: Veg Sausage rolls and salad. Make your own with recipe at the end or buy ready-made vegetarian ones.

Dinner: Gnocchi Make your own gnocchi if you like, or buy it at the supermarket.

DAY 5

Breakfast: Cereal with oat milk

Lunch: Soup any type of vegetable soup with lovely hot bread!

Dinner: Pizza Simple home-made pizzas can be awesome and just the way *you* like them; you can make or buy the base, pile it up with vegies, like olives, capers, and artichoke hearts, and add pineapple.

DAY 6

Breakfast: Toast with spreads! Choose from avocado, hummus, tomato, peanut butter, almond butter, tahini, jam, and marmalade. You may want to try an olive oil-based spread, free from animal products and low in saturated fats if you can find it.

Lunch: Baked Tofu Patties (link at end)

Dinner: Vietnamese spring rolls Roll your own around a table with friends. (recipe at end).

DAY 7

Breakfast: French toast (recipe at end)

Lunch: Salad a mixture of veggies.

Dinner: BBQ dinner You can make your own kebabs with tofu and vegetables, your own sausages/patties or use ready made.

DAY 8

Breakfast: Porridge served with soy milk

Lunch: Lunch wrap Using wraps make up your own with salad veggies and grilled tofu or tempeh.

Dinner: Tasty Red beans and rice (link at end).

DAY 9

Breakfast: Scrambled Tofu (recipe at end)

Lunch: Carrot and Lentil Soup (link at end)

Dinner: Easy Baked Tempeh. (link at end)

DAY 10

Breakfast: Fruit muffin with jam

Lunch: Bread with a mushroom pate and salad

Dinner: Thai Spiced Tofu Balls and salad (recipe at end)

DAY 11

Breakfast: **Toast** with spreads

Lunch: **Lunch wrap** Stuffed with sliced avocados, crunchy fresh mixed greens and smoky salt and pepper sautéed mushrooms.

Dinner: **Burgers and chips** Make your own patties using black beans or buy ready made. Make your own Cajun oven-baked fries.

DAY 12

Breakfast: **BLT** with premade Tempeh “bacon”

Lunch: **Soup** try a Gazpacho

Dinner: **Sushi** Why not roll your own at the table with friends for a fun dinner party or family meal? You can increase the variety of ingredients to include fried tofu strips, sprouts, radish, ginger, fried mushroom, seaweed salad and pumpkin. Don't sweat about making the rolls look perfect – just have fun!

DAY 13

Breakfast: **Cereal** with fruit and yoghurt. You might like to try a soy yoghurt.

Lunch: **Guacamole and nacho chips**

Dinner: **Fettuccini with Creamy Cashew and Tomato Sauce** (link at the end)

DAY 14

Breakfast: **Savoury muffins**

Lunch: **Spinach and cheese pie** (recipe at end)

Dinner: **Red lentil soup** with crusty wholemeal bread

DAY 15

Breakfast: **Porridge**

Lunch: **Falafel kebab** check out the local kebab place or cook your own from ready-made mix and served with pita bread, hummus, salad and chutney. Serve on fresh, soft Lebanese bread, pita bread or wrap bread available from the supermarket.

Dinner: **Chickpea Burgers with Tahini Sauce** (link at end)

DAY 16

Breakfast: Savoury muffins
Lunch: Pita pocket with a variety of veggies
Dinner: Gado Gado (recipe at end)

DAY 17

Breakfast: Toast with avocado
Lunch: Salad
Dinner: Creamy Spinach and Tarragon with Spaghetti (link at end)

DAY 18

Breakfast: Pita bread and spreads such as hummus
Lunch: Noodles
Dinner: Risotto any vegetable risotto

DAY 19

Breakfast: Banana Bread (link at end) For breakfast make this the night before.
Lunch: Pita pocket with Baba ghannouj
Dinner: Vegetarian Lasagne

DAY 20

Breakfast: Cereal with rice milk
Lunch: Brown rice bowl
Dinner: Indian curry

10 Tips

THE NUMBER ONE TIP: If you are just starting out - take it slowly!!! You will be more likely to completely convert if, over the next few months, you just gradually decrease your meat intake than if you go "cold turkey" (even knowing that turkey is off the menu!)

Now what? If you're trying to figure out what your next step should be, then these quick tips will help you make the transition.

1. Transform dishes that you already know and enjoy. For example, omit meatballs from your favorite spaghetti recipe, or replace with a vegetarian substitute, (check out good brands in your local supermarket. Chances are much of what you already eat could easily be made vegetarian.
2. If you want to become vegetarian, you'll want to explore new foods! One of my favorite things to do is to try one new product or vegetable every time I go to the grocery store. As a result, I eat a much more varied diet since becoming vegetarian than I ever did before. Although most large grocery stores stock soymilk and veggie burgers, try browsing in your local health food stores to see what new foods you can find. Make it fun and exciting to become vegetarian!
3. Try it twice. If you didn't like a particular food the first time, such as veggie burgers, try it again later, using a different product brand or prepared differently or with different seasonings and spices. Not all products are the same, and you may prefer one product or style of preparation to another. For example, if you microwaved your veggie burger the first time, try grilling it instead.
4. Give yourself a break! Don't throw in the towel if you can't resist that burger. Just take a breath and resolve to do better at the next meal. Another idea is to allow yourself two or three days a week to eat meat to start and then reduce the meat days over the next month. If you're finding it difficult to stick to a vegetarian diet, you're much more likely to pass something up, knowing you can indulge on Saturday or Sunday. Giving

yourself a break in the short term rather than giving up will help you become vegetarian in the long run.

5. Be patient! Some people do find it easy to go vegetarian overnight, but most will struggle just trying to omit one particular type of meat e.g. chicken or fish. Everyone really is different, but rest assured that with time, your cravings will subside. Remembering your goals and reasons for becoming vegetarian will help you when you are tempted to give in.
6. Learn, read and talk. Learn and read as much as possible about vegetarian health and foods. Knowledge is power! If you know any other vegetarians or vegans, ask them for their tips or advice. Everyone will have something different to share about their experience when they made the change to vegetarian. Most people are more than willing to provide a bit of advice and will likely be flattered that you asked for help to become a vegetarian. Go online as there are some great forums.
7. If you're the only one in your family transitioning to a vegetarian diet, you don't have to cook two separate meals! Simply cook the meat for dishes like stir-fries and pasta in a separate pan and put it into a separate dish for the meat eaters to help themselves to.
8. Try new restaurants. Seek out Chinese, Indian, Middle Eastern and Thai restaurants and taste the many dishes and foods they have to offer. Also most restaurants will cater to your needs if you want a particular dish without the meat content.
9. Be sure to replace meat with healthy foods and eat a balanced diet. If you are eating nothing but French fries and chips, your health will suffer, and you will want to resort to your former eating habits. Eat a variety of whole grains, vegetables and proteins to stay full and healthy.
10. Last one. You may be tempted to increase the amount of cheese and eggs. Please try and actually cut back on them. Be very aware of how much dairy and eggs you consume as this can put weight on, rather than take weight off!

RECIPES

Lemon Pepper Cashew Cutlets

Description

Beautiful lemony cashew cutlets lightly fried in extra virgin olive oil.

Ingredients

100 g cashews
65 g breadcrumbs (1 cup)
1 medium onion (chopped finely)
1 clv garlic (pureed)
1/4 t salt
1 T olive oil (extra virgin)
2 T lemon juice (fresh)
1 lemon (zest of)
2 T cashew butter
2 T parsley (freshly chopped)
black pepper (ground)
olive oil (to fry)

Instructions

1. Place the cashews in a food processor and process until finely chopped OR just chop them up with a knife, this is just easier. You'll want them fairly small but take care not to over process them, you want crunch here.
2. Tip this into a large non-stick frying pan and gently fry the nuts until fragrant and lightly golden brown.
3. Transfer these to a large bowl and wipe the frying pan clean. Add the olive oil and bring to the heat then add the finely chopped onion and about 40 grinds of black pepper and gently fry until the onion is very soft and translucent. Add the garlic and fry gently, stirring well for about 30 seconds, take care not to burn the garlic.
4. Scrape all of this into the bowl with the nuts and add the breadcrumbs, salt, lemon juice, zest and cashew butter. Mix really well with a fork until it's all mixed up well - make sure the cashew butter is incorporated. It will be crumbly now and look like stuffing but don't worry, you can make cutlets out of this!

5. Spoon this mixture into a 1/3 cup measure, pressing down with each spoonful so it's well packed in. Tap and shake the contents out into your hand then squeeze and squish the mixture in your hands like you are making a snowball, you can be hard with it so don't worry! When it holds together place it on a sheet of baking paper and further flatten and shape it into a little cake.
6. I tend to make these earlier than when I want them and at this point wrap them up individually in cling film and refrigerate them. Then they simply need frying up when you need them - simple!
7. To cook, heat up a good amount of olive oil in a large frying pan - you want it to cover the whole surface but you are not shallow frying either. I used 1 - 2 tablespoons for my medium size frying pan. Gently place them in the hot oil and turn the heat to low, fry until golden brown on one side then carefully (!) flip them over and fry the other side.
8. Like I mentioned above these are so packed with flavour they really do not need any sauce and we loved them with these smoked paprika new potato wedges - a lovely combination and perfect with some broccoli.

Notes

First, a note on the breadcrumbs as it will make a huge difference in the end product what type you are using. I keep a bag of breadcrumbs in the freezer that I buy in the bakery section of our local grocery store. They are just white natural breadcrumbs made from white bread in the bakery that's gone a little stale. You don't want to use really dry breadcrumbs here or really fresh. If you can get the bags of breadcrumbs in your bakery section use that.

Vegan Sausage Rolls

Ingredients

125 g pecans (finely chopped)
1/2 c breadcrumbs
1 onion (finely chopped)
300 g silken tofu (mashed)
1 c Rolled oats
1 massel beef-style stock cube
1 t garlic powder
3 T soy sauce
1 ground pepper (to taste)
4 frozen puff pastry (sheets)
1 Soy milk (for brushing pastry)
1 sesame seeds

Instructions

1. Preheat the oven to 200 degrees Celsius. Take pastry sheets from freezer to thaw.
2. In a large mixing bowl mix together the filling ingredients. Stir until well mixed.
3. Lightly grease a baking tray. Slice each pastry sheet in half so that it makes two rectangles.
4. Spoon the filling down the centre third of each pastry rectangle; lightly brush another third with milk and then roll the pastry, starting from the empty third and tucking it into the brushed third.
5. Slice the roll into halves, thirds or quarters as you wish and place them on the baking tray. Make a couple of diagonal cuts in the top of the roll.
6. Brush the top with milk and sprinkle with sesame seeds. Repeat with the remaining filling and pastry.
7. Bake the rolls for about 20 minutes, until they're golden brown and flaky.
8. Serve with lots of sauce.

Vegetarian Spring Rolls.

These fresh rice paper rolls can be filled with almost anything you want. But what makes these spring rolls distinctly Vietnamese is the inclusion of fresh herbs. So if you don't have a plethora of Vietnamese herbs to choose from, even common mint and basil will definitely do the delicious trick.

Ingredients

8 sheets rice paper
10 leaves fresh lettuce or leafy greens
1 bunch fresh vietnamese herbs
1 each julienne vegetables (bell peppers, carrots, celery, zucchini, cucumbers)
warm water

Instructions

1. In large bowl, fill with warm water. Quickly dip each rice paper in warm water for about 2-3 seconds.
2. Place wet rice paper on work station. Make sure rice paper is completely hydrated and softened before rolling.
3. Once vegetables are all laid out on rice paper and then rolled, serve immediately or within 2 hours. These rolls can be covered with plastic wrap and kept in the refrigerator, but the rice paper will begin to lose moisture and harden.
4. Rolls can be served as whole rolls, cut in half or even cut in bite size pieces, like cut sushi.
5. Serve with Garlic Soy dipping sauce.

Garlic Soy Dipping Sauce Recipe

Ingredients

2 cloves garlic (crushed or minced for garlic sauce)
1 thai chilli (crushed)
2 T squeezed lime juice
1 T sugar
1 t rice vinegar (optional)
1/4 c soy sauce
1/8 c water

Mix all ingredients together well, making sure sugar dissolves. Add

slices of chili on top for garnish and extra spice joy!

Serve with springrolls.

This recipe will make about 1/2 cup dip. But it's also a fantastic marinade as well!

Vegan Banana and Coconut French Toast

Ingredients

8 slices bread
2 bananas
1 c coconut milk
1/2 c Soy milk
1 t sugar
1 t cinnamon

Instructions

1. In a blender combine 2 bananas, milks, sugar and cinnamon and blend until smooth. Pour into a shallow dish.
2. Melt some vegan spread in a frying pan. Dip both sides of the bread
3. into the banana mix and fry until golden on each side.
4. Serve hot topped with maple syrup, grilled bananas and toasted coconut, or with your choice of toppings.

Scrambled Tofu.

Ingredients

1 onion (chopped)
4 mushrooms (sliced) (optional)
1/2 red capsicum (chopped)
450 g hard tofu (water pressed out of it)
1/2 t basil
1/2 t oregano
1 t parsley
1/4 t turmeric
1/4 t black pepper
1/2 t salt (or to taste)
Oil

Instructions

1. In a large frying pan, sauté the onion in oil for a few minutes then add the capsicum.
2. In a medium bowl, mash the tofu, leaving some small chunks.
3. When the vegetables are soft, add the tofu and spices.
4. Mix well and cook until the tofu begins to brown.
5. Serve immediately on toast topped with parsley.

Thai Spiced Tofu Balls.

Ingredients

300 g firm tofu
2 t grated ginger
2 T chopped fresh chives
4 T finely diced red onion
3 T fresh coriander
1 T fresh mint
2 clove garlic (crushed)
2 T diced red capsicum
2 t sweet chilli sauce
2 t finely chopped lemon grass (white part only)
2 c cooked medium brown rice
1/2 c sesame seeds
Olive oil

Instructions

1. Put all of the ingredients, except the sesame seeds and oil, into a food processor and blend until combined.
2. Roll the mixture into approximately 16 balls or patties as desired.
3. Coat each ball in sesame seeds and place in fridge for 30 minutes.
4. Cover a frying pan with about 1cm of oil over a low-medium heat.
5. Once hot, add the tofu balls in batches and fry for 5-10 minutes, turning regularly, until golden brown all over.
6. Place on paper towels to absorb any excess oil.

Vegan Cheese and Spinach Pie.

Ingredients

400 g spinach (fresh)
115 g tofu (water pressed out and crumbled)
1 vegetable bouillon cube
1 T vegetable oil
1 small onion (chopped)
150 g mushrooms (sliced)
150 g sweetcorn (canned)
1 pk vegan cheese, grated
1 pk vegan puff pastry sheets

Instructions

1. Preheat the oven to 200 degrees Celsius.
2. Wash spinach thoroughly and steam for two minutes.
3. Place in a bowl and knead the tofu and bouillon into the spinach with your hands. The tofu should end up as small flecks.
4. Fry the onion in the oil until translucent. Add the mushrooms and cook for a further five to 10 minutes.
5. Oil a pie dish and line the base and sides of the dish with the puff pastry.
6. To join pastry sheets together, simply wet one side and overlay other section.
7. Then in layers - and in the following order - place the spinach mix, sweetcorn and mushroom mix. Finish off with the grated cheese.
8. Place pastry on top to make a lid, making sure you moisten with water around the edges so it sticks to the bottom pastry.
9. Using the tip of a fork, press pastry edges together and pierce the top of the pastry.
10. Bake for about 30 minutes or until fairly well browned. Serves four.

Gado Gado peanut sauce.

Ingredients

4 cloves garlic (peeled)
1 green chilli (chopped - use 1/2 for milder sauce, or leave it out)
1 c peanut butter
1 t jaggery or palm sugar or regular white sugar
2 T lime juice
2 c hot water
salt (to taste)

Instructions

1. Place the garlic cloves, green chili and salt in a mortar and pestle and pound into a paste.
2. In a small bowl, add the garlic paste, peanut butter, sugar and lime juice.
3. Pour in hot water a little at a time, while whisking the peanut butter.
4. Stop pouring the hot water when the peanut butter forms a smooth, dippable sauce. You may not need to use all of the hot water.
5. Taste the peanut sauce and adjust salt, sugar and lime juice if needed.
6. Serve with vegetable crudites.

Pumpkin and Sage Risotto.

Ingredients

1 butternut pumpkin
2 clove garlic (finely chopped)
2 T olive oil
handful of sage leaves (chopped)
1 T margarine
1 onion (chopped)
400 g arborio rice
200 ml white wine
hot vegetable stock
vegan cheese or parmesan
salt and pepper (to taste)

Instructions

1. Preheat the oven to 200 degrees Celsius.
2. Cut the pumpkin into eight large pieces. Remove seeds and place in a roasting tray with the skin on.
3. Add half the garlic, oil, sage leaves and sprinkle over salt and pepper. Toss together and roast for 40-50 minutes until soft.
4. Once cool peel off skin and roughly mash pumpkin mixture. Return to the oven on a low heat to keep warm.
5. In a heavy pan, add margarine, remaining oil and garlic and fry onion until soft.
6. Add the rice and stir for one minute before stirring in wine.
7. Slowly add stock a ladle at a time.
8. Add remaining sage. Bring to the boil and then simmer while adding more stock as it absorbs into the rice.
9. Regularly stir the rice to avoid it sticking.
10. After about 20 minutes the rice should be cooked. The texture should be thick and creamy.
11. Add extra stock if necessary.
12. Add the pumpkin to the risotto.
13. Serve topped with vegan parmesan.

RESOURCES

Click on the links below:

Secret Recipes

[Your Own Recipe Folder](#)

<http://thevegetariancenter.com/wonderful-vegetarian-recipes.php>

One more recipe

[Fettuccini with Cashew and Tomato Sauce](#)

<http://thevegetariancenter.com/fettuccini-with-cashew.php>

Other:

[How to Cook Quinoa](#)

<http://thevegetariancenter.com/how-to-cook-quinoa.php>

Book:

[Clean Eating Nutrition Guide](#)

<http://thevegetariancenter.com/clean-eating-nutrition-bk.php>

If there are any problems, please contact me at

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I'll endeavour to get back to you within 24 hours